

The Wimbledon Guild Counselling Service

Training Course

Schema Therapy Training

Dr Jeffrey Young

28 & 29 January 2012, The Blackett Theatre, Imperial College, London

Schema Therapy is an extremely powerful integrative therapy drawing together elements of object relations, cognitive, behavioural and gestalt therapies into one unified structured treatment. It is an evidence based therapy with particularly strong substantiation of efficacy in the treatment of borderline pathology. However, clinical trials are also being carried out for other personality disorders and especially within forensic settings.

Jeff Young, the founder of Schema Therapy is an internationally renowned speaker. His lectures give a clear overview of the clinical concepts underpinning Schema Therapy and illustrate the application of these concepts from video clips of sessions, creating a lively and compelling presentation.

In this two-day workshop you will gain an overview of the 18 schemas and how they relate to unmet childhood needs. Schemas have cognitive, behavioural and affective dimensions and you will learn the techniques, methods and interventions necessary to modify and heal them.

Schema Therapy works with feelings and it is an interpersonal therapy. The relationship with the therapist is central to the healing process and this workshop will teach you about the relational stance and elements that will be most helpful to your clients. This workshop is relevant to psychologists, counsellors, and therapist. It will be of particular interest to psychologists who wish to work with issues that appear as fixed personality traits or that are resistant to traditional CBT intervention. Schema Therapy is a longer term intervention and is of relevance to psychologists doing high intensity work.

Fee £250

Cancellations Unfortunately we cannot refund any money once a booking has been made.

To book Send booking form and cheque payable to *Wimbledon Guild* to:

Training Coordinator, Wimbledon Guild Counselling Service,
30-32 Worple Road, Wimbledon, London SW19 4EF

T 020 8296 0030 **F** 020 8296 0042 **E** pstone@wimbledonguild.co.uk **W** wimbledonguild.co.uk

Please reserve my place on (course) _____

Name _____

Address _____

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Where did you hear
about this course? _____